DAY OFF

| Time | Crew | Activity/Reference to the procedure or r/g |
|---------------|-------------------------|---|
| 07:30 - 07:40 | | Morning inspection of the station |
| 07:40 - 08:10 | | Post sleep |
| 08:10 - 09:00 | | Meal (Breakfast) |
| 09:00 - 09:10 | CDR | ????-1 Inspection |
| 09:10 - 09:50 | CDR | ? ? ? Maintenance |
| 09:50 - 10:00 | CDR | Camcorder Battery Charging/?????/p. 3-2, para. 3.2 |
| 10:30 - 10:35 | CDR | Usage Counter Data Downlink |
| 10:35 - 10:40 | CDR | ? ? ? Data Downlink |
| 12:05 - 12:20 | CDR | Conference with Kim Chong II |
| 12:30 - 12:45 | FE-1 | LAB P/L Status Check |
| 13:10 - 14:10 | CDR FE-1 (assist) | CHIBIS Suit Training/?/? ? ?? ? O, Book 2, para. 2.3 pp. 12-13 – 12-20, T ₀ = 13:39 |
| 15:10 - 15:25 | CDR | Private Family Conference (TV session) |
| 15:30 - 16:30 | | Meal (Lunch) |
| 16:45 - 17:05 | • | TV Session. An Address to Commemorate G. Titov's Flight as per r/g 1643 |
| 17:45 - 18:00 | FE-2 | Private Psychological Conference |
| 18:00 - 18:15 | FE 1 | Private Psychological Conference |
| 19:30 - 19:45 | FE-2 | Private Family Conference |
| 19:45 - 20:00 | FE 1 | Private Family Conference |
| 20:15 - 20:45 | | Review plan for next day |
| 21:00 - 21:15 | | Daily planning conference |
| 21:15 - 21:45 | | Meal (Dinner) |
| 21:30 - 22:00 | | Daily food ration prep |
| 22:00 - 23:00 | | Pre-sleep |
| 23:00 - 07:30 | | Sleep |

Note: See OSTP for any missing references to US activities End of R/G